



*Discover your Raleigh Parks and Recreation Department*

## Preschool Art Classes

### Art - Jumpstart Toddler Montessori

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts as well as exploring 'social' stations full of building blocks, cooking centers, train sets, puppets and even a toddler-sized bounce house. Help your toddler get a jumpstart on preschool! Parent/guardian participation is required. A separate \$35 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

May 6 - June 24	Fridays	9:00 am - 10:00 am	#109222	\$40	Age 18M - 42M
July 1 - August 26	Fridays	9:00 am - 10:00 am	#109223	\$40	Age 18M - 42M

### Music & Movement: Sing a Song of Summer!

It's hot outside so stay cool in this lively class for our youngest music lovers! We will explore the magic of summer through song, dance, and dramatic play for tiny toes. Your child will learn about ocean animals, fireflies, summer showers, and many other summer concepts as we sing and dance our way through the season. Special projects include: musical crafts, parachute games, and puppet shows! Each student will receive a music bag which includes a CD of the music from our class. A \$35 materials fee due to instructor at first class meeting. Fee covers music, art supplies and props for each student. Parent/caregiver participation is required. Rhonda Felton instructs.

May 6 - June 24	Fridays	10:00 am - 11:00 am	#109224	\$40	Age 18M - 3Y
July 1 - August 26	Fridays	10:00 am - 11:00 am	#109226	\$40	Age 18M - 3Y

### Sensational Summer by Toddler Time

Come beat the heat of summer in this art class designed for little fingers. From creating a colorful finger painted garden to designing their own seashell mosaic, your children will learn so much in this center based mini-preschool for our smallest students. Also, each week will feature a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation required. \$35 supply fee due to instructor at first class meeting.

May 6 - June 24	Fridays	11:00 am - 12:00 pm	#109248	\$40	Age 2 yrs. - 4Y
July 1 - August 26	Fridays	11:00 am - 12:00 pm	#109249	\$40	Age 2 yrs. - 4y

## Preschool Social Classes

### Playgroup Tot Time

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

May 6 - June 10	Fridays	9:30 am - 11:30 am	#107528	FREE	Age 6M - 5Y
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## Preschool Sports Classes

### Baseball - Little Sluggers

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

May 10 - May 31	Tuesdays	6:30 pm - 7:15 pm	#110192	\$36	Age 3 yrs. - 5Y
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### Soccer - Little Kickers

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

June 14 - July 12	Tuesdays	6:30 pm - 7:15 pm	#110208	\$36	Age 3 yrs. - 5Y
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## Youth Athletic Leagues

### Introductory Soccer Leagues

These leagues will be an introduction to the game of soccer where skills, fundamentals and sportsmanship will be taught to the beginning athlete in a non-competitive atmosphere. Leagues are offered to children ages 5-6 and 7-8 (age is as of July 31, 2011). Games and practices will be held at Williams Park and Kiwanis Park and will primarily be held on Saturdays, starting in September and ending in November. Registration fees (\$40/resident / \$55 nonresident) include a shirt. Registration will be held starting July 25 until filled (Limited space available).

September - November	Sat / Sun	9am - 6pm	#115368	\$40	Ages 5 - 6yrs
September - November	Sat / Sun	9am - 6pm	#115369	\$40	Ages 7 - 8yrs

### Football - Touch Football League

An introduction to the game of football, skills, fundamentals and sportsmanship will be taught to the beginning athlete. League is offered to children ages 5-6 (age is as of July 31, 2011). All games and practices will be held at Williams Park in northwest Raleigh and will primarily be held on Saturdays, starting in September and ending in November. Registration fees include a shirt. Registration will be held July 25 through August 7 at Lake Lynn Community Center.

August 27 - November 13	Sat / Sun	9am - 6pm	#107534	\$36	Age 5 - 6 yrs
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## Youth Sports Classes

### Basketball - Girls Basketball Skills

Didn't get enough basketball during the winter? This class, just for girls, will stress the fundamentals of basketball with an emphasis on fun.

June 14 - July 12	Tuesdays	7:30 pm - 8:15 pm	#110220	\$40	Age 9 yrs. - 12Y
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### Basketball Skills for Beginners

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun.

May 10 - May 31	Tuesdays	7:30 pm - 8:15 pm	#110205	\$40	Age 6 yrs. - 8Y
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## Teen Educational Classes

### SAT Prep: Pre-Test Crash Course!

Improve your SAT score now! Learn how to ease the stress of taking the most popular college entrance exam in the country. Students will practice timed SAT questions and learn strategies that help them answer more questions correctly, tackle difficult problems, and save time. Class covers the following: sentence completion, vocabulary decoding, reading comprehension (short, long, & paired passages), grammar review for multiple-choice writing, and sentence analysis/revision. Students also write and receive feedback on timed essays. This course is taught by a certified teacher who has a master's degree in education and seventeen years test prep experience at the high school, community college, and university levels. A better SAT score can be yours with this class! (Note: This class covers reading and writing sections only of the SAT.)

June 1 & June 2	Wednesday - Thursday	6:30 pm - 8:30 pm	#107526	\$120	Age 13 yrs. and up.
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### American Red Cross Babysitter's Training

Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross.

August 18	Thursday	9:00 am - 3:00 pm	#107529	\$50	Age 11 yrs. - 15Y
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## Family Fitness Classes

### Karate - Okinawan Shorin-Ryu

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Uniforms can be purchased through the instructor at a discounted rate. Ask about our family discount!

May 2 - 25	Wednesdays / Mondays	6:00 pm - 7:00 pm	#107511	\$44	Age 7 yrs. and up.
June 6 - 29	Mondays / Wednesdays	6:00 pm - 7:00 pm	#107512	\$44	Age 7 yrs. and up.
July 6 - August 1	Wednesdays / Mondays	6:00 pm - 7:00 pm	#107513	\$44	Age 7 yrs. and up.
August 3 - 31	Wednesdays / Mondays	6:00 pm - 7:00 pm	#107510	\$44	Age 7 yrs. and up.

## Adult Art Classes

### Art - Watercolor Sampler

Discover the colorful world of watercolor painting in this one-day workshop! Artist Laura Azzi will guide you through several fun, basic techniques. You will be given the chance to explore your creativity in a supportive atmosphere. No experience required! All paints and supplies will be provided (including supplies to take home) by the instructor for a \$25 fee payable at class.

August 14	Sunday	1:00 pm - 5:00 pm	#107700	\$34	Age 14 yrs. and up.
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### Art Workshop - Cards in Watercolor

This one-day workshop will teach you how to make wonderful cards using basic watercolor techniques...no experience required! Artist Laura Azzi will teach you several basic, fun techniques. You will be able to explore color, texture and composition as you create your very own designs. Bring a friend or family member! All paints and supplies will be provided (including supplies to take home) by the instructor for a separate \$25 fee, due to instructor at the class.

July 17	Sunday	1:00 pm - 4:00 pm	#107699	\$34	Age 14 yrs. and up.
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### Basket Making: Summer Fun Serving Basket

Weave a serving basket for the sunny warm days of summer. This basket will be woven on a wooden base with a choice of colored reed. Handles will be woven in for ease of carrying. All levels welcome! A kit fee of \$15 will be payable to the instructor on the class date.

July 16	Saturday	9:30 am - 2:30 pm	#107698	\$25	Age 18 yrs. and up.
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## Adult Fitness Classes

### Aerobics - Dancercise

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

June 27 - August 22	Mondays / Wednesdays	5:45 pm - 7:00 pm	#108578	\$80	Age 18 yrs. and up.
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### Stretch and Tone

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

June 28 - August 16	Tuesdays	5:45 pm - 7:00 pm	#113147	\$40	Age 18 yrs. and up.
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## Adult Fitness Classes

### Yoga for All Levels

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

June 30 - August 18	Thursdays	7:00 pm - 8:15 pm	#109251	\$64	Age 16 yrs. and up.
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### Pilates/Yoga - Power Fusion

Challenge yourself in a whole new way with Power Fusion! A class of constant flowing movements inspired by Yoga and Pilates practices, students will improve strength, endurance, stability, flexibility and body composition. For the summer only, take both the Sunday and Thursday sessions for a discounted rate of \$65 for all eight classes! Taught by Molly Boothe, a Certified Fitness Specialist.

July 7 - July 28	Thursdays	5:45 pm - 6:30 pm	#1110615	\$40	Age 18 yrs. and up.
July 10 - July 31	Sundays	2:00 pm - 2:45 pm	#1110614	\$40	Age 18 yrs. And up.
July 7 - July 31	Thursdays & Sundays		#1110616	\$65	Age 18 yrs. and up.

### Belly Dance For Exercise - Beginners

This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: [www.kashabellydance.com](http://www.kashabellydance.com)

May 2 - June 27	Mondays	7:00 pm - 8:00 pm	#107502	\$80	Age 18 yrs. and up.
July 11 - August 29	Mondays	7:00 pm - 8:00 pm	#107503	\$80	Age 18 yrs. and up.

### Belly Dance for Exercise - Beyond Basic

After learning the basics of belly dance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. Kasha instructs. For more information on the program, visit Kasha's website at [www.kashabellydance.com](http://www.kashabellydance.com)

May 2 - June 27	Mondays	8:00 pm - 9:00 pm	#107504	\$80	Age 18 yrs. and up.
July 11 - August 29	Mondays	8:00 pm - 9:00 pm	#107505	\$80	Age 18 yrs. and up.

### Bollywood Dance for Fun and Exercise

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome-come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

May 3 - June 21	Tuesdays	7:00 pm - 8:00 pm	#107506	\$88	Age 18 yrs. and up.
July 12 - August 30	Tuesdays	7:00 pm - 8:00 pm	#107507	\$88	Age 18 yrs. and up.

### Bollywood Dance for Fun and Exercise - Advanced

This class is for the students who have taken at least 2 Beginning Bollywood classes with Kasha and are ready to do more. Students should have a love of Bollywood dance and music and be committed to practicing outside of classtime. Students will be expected to contribute small sections of dance to the class choreography. Instructor is Kasha at [www.kashabellydance.com](http://www.kashabellydance.com)

May 3 - June 21	Tuesdays	8:00 pm - 8:55 pm	#107508	\$88	Age 18 yrs. and up.
July 12 - August 30	Tuesdays	8:00 pm - 8:55 pm	#107509	\$88	Age 18 yrs. and up.





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## Adult Fitness Classes

### Exercise - Weight Room/Fitness Centers

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

May 1 - May 31	Daily	Center Hours	#110681	\$15	Age 18 yrs. and up.
June 1 - June 30	Daily	Center Hours	#110682	\$15	Age 18 yrs. and up.
July 1 - July 31	Daily	Center Hours	#110683	\$15	Age 18 yrs. and up.
August 1 - August 31	Daily	Center Hours	#110684	\$15	Age 18 yrs. and up.

## Senior Fitness Classes

### Seniorcise

Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

May 3 - May 31	Tuesdays / Thursdays	9:00 am -10:00 am	#107518	\$15	Age 55 yrs. and up.
June 2 - June 30	Tuesdays / Thursdays	9:00 am -10:00 am	#107519	\$15	Age 55 yrs. and up.
July 5 - July 28	Tuesdays / Thursdays	9:00 am -10:00 am	#107520	\$15	Age 55 yrs. and up.
August 2 - August 30	Tuesdays / Thursdays	9:00 am -10:00 am	#107521	\$15	Age 55 yrs. and up.

## Senior Social Programs

### Senior Club - Lake Lynn Seniors

Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site.

The Lake Lynn Seniors will not meet from June 16-August 9 due to summer camp.

### Senior Gamesters

Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays).

May 3 - August 30	Tuesdays	6:30 pm - 8:30 pm	#107522	FREE	Age 55 yrs. and up.
May 7 - August 27	Saturdays	9:00 am -11:00 am	#107523	FREE	Age 55 yrs. and up.

